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# **Colts and Fillies: EAL for Children**

Mrs. Susan Jung



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Colts and Fillies is designed to offer creative activities for your young clients. It serves as a framework for Equine Assisted Psychotherapy and Learning work with children using the EAGALA model. The activities help build resiliency, self-esteem, and teach life skills. Colts and Fillies is an easy-to-use manual for use with young children. Using the EAGALA model, the mental health professional and/or the equine specialist can manage (design) sessions with everything at their fingertips. Organizational tips and "how to make" materials are included. Reproducible pages provide immediate resources. The manual can be a life saver for impromptu EAP/EAL sessions or it can be used to formulate a series of sessions. The activities can be used for individual and group therapy, learning groups, residential treatment centers, summer camps, day clinics. They can also be adapted for adult equine assisted sessions. Colts and Fillies is a "must have" resource for your library.

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